

**CASE WESTERN RESERVE UNIVERSITY
EAST CLEVELAND PUBLIC SCHOOL DISTRICT
PROVOST SCHOLARS
Intensive University Seminar
Session Sixteen – Spring 2015
Thursday, March 5th, 2015, 2:30pm-5:00pm
Guilford House, 11112 Bellflower Road, Cleveland, OH 44106**

Purpose

The Provost Scholars will learn yoga techniques with Ms. Patti Fine, a yoga instructor. Ms. Fine will lead the Scholars through a series of yoga poses to increase their mindfulness and flexibility. These techniques will also aid in relaxation and stress reduction.

Presenter Biography



Ms. Patti Fine is a 200-hour certified yoga instructor with over 6 years of experience teaching yoga and tutoring middle school students. Ms. Fine is also certified in YogaEd which focuses on teaching yoga and mindfulness to adolescents and teenagers. Prior to teaching yoga in the Cleveland Municipal School District, she taught middle school math and reading for seven years. She has also been a stay-at-home mom to three wonderful sons who are now in their 20s, attending college and starting their careers. Her other work experience includes spending 12 years with IBM after graduating from Cornell University and obtaining a degree in Industrial and Labor Relations. Originally from upstate New York, Ms. Fine maintains a home in western NY during the summers and spends the remaining seasons with her husband, Professor Scott Fine, on the west side of Cleveland. She loves reading, gardening, and traveling with her husband.

Objectives

The Provost Scholars will...

- (1) Learn basic yoga techniques to increase their mindfulness and reduce stress
- (2) Explore the disciplines and methods of yoga that improve posture and breathing
- (3) Practice taking control of their bodies and minds through movements and flexibility exercises

Agenda

- 2:30 p.m. – 2:45 p.m.: The Provost Scholars will have a light snack
2:45 p.m. – 3:30 p.m.: The Scholars will receive Homework Help from Undergraduate Tutors
3:30 p.m. – 4:30 p.m.: Seminar Speaker, Ms. Patti Fine
4:30 p.m. – 5:00 p.m.: Wrap up, reflection and preparation for the journey home

Faculty

- Dr. Faye Gary
- Katrice Williams, Master's Student, Program Manager
- Imani Scruggs, Master's Student, Group Facilitator
- Undergraduate tutors from the Step Up Program and the African-American Society

Guest

- Ms. Patti Fine, Yoga Instructor

Concierge and Matre'D

- Provost Scholars Tommy Bibb and Destiny Deskin

Words of the Week: Yoga. What does it mean? Yoga includes any methods or disciplines prescribed for mediation and mindfulness, especially a series of postures and breathing exercises practiced to achieve control of the body and mind.